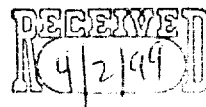


# FITNESS LABS™

NUTRITION CORPORATION

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March 24, 1999

Linda S. Kahl, Ph.D.  
Office of Special Nutritionals (HFS-450)  
Center of Food Safety and Applied Nutrition  
Food and Drug Administration  
200 "C" St. S.W.  
Washington, D.C. 20204

Dear Dr. Kahl:

Fitness Labs Nutrition Corporation wishes to notify the Food and Drug Administration that it has, within the past 30 days, commenced marketing a dietary supplement which bears a statement under Section 403(r)(6) of the Federal Food, Drug and Cosmetic Act.

The dietary supplement for which the statement is made is Creatine Caps 1000mg. The dietary ingredient that is the subject of the statement is Creatine Monohydrate. The statement reads as follows.

"Ideal for athletes engaged in sports requiring quick, explosive movements! In the body, creatine helps to regenerate ADP (spent energy) back into ATP for increased energy output involving short, intense bursts of energy. Short term supplementation of creatine monohydrate has been shown to significantly increase muscular performance. It may help athletes workout at a higher intensity during resistance exercise. A resulting greater training stimulus over time may result in enhanced physiologic adaptations."

This statement is accompanied by the required disclaimer which is prominently displayed in bold-faced type.

This information contained in this notice is complete and accurate and the above statement is based on data which renders these statements substantiated, truthful and non-misleading.

Sincerely,  
Fitness Labs Nutrition Corporation

Daniel R. McFarland  
President

LET 3418  
64477

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